



# HITT

## HIGH INTENSITY TACTICAL TRAINING TACTICAL ATHLETE COMPETITION



### ***ARE YOU THE ULTIMATE TACTICAL ATHLETE?*** **PRELIMINARY EVENT SCHEDULE**

When: July 14<sup>th</sup> 2015

Where: HITT Locker/ Boyett Park

Time: 0800 - until completed

Applications and information at Daniels Fitness Center

Applications due by COB July 8<sup>th</sup> 2015

#### PRELIMINARY EVENTS:

PRONE PRO-AGILITY DRILL

PRONE 3 CONE DRILL

PRONE 25 YD. DASH

KNEELING MEDICINE BALL THROW

STANDING BROAD JUMP

400 YD. TACTICAL COURSE

KETTLEBELL / BURPEE CHALLENGE

***\*ALL PRELIMINARY EVENTS ARE CONDUCTED IN BOOTS AND UTES***

TOP MALE AND FEMALE WINNER FROM EACH INSTALLATION WILL BE INVITED TO COMPETE IN FINAL  
EVENT HELD AT 29 PALMS ON 16 SEPTEMBER 2015 TO BE CROWNED AS THE...

**"ULTIMATE TACTICAL ATHLETE"**

**MUST COMPLETE REGISTRATION FORM. OPEN TO ACTIVE DUTY MARINES ONLY**